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The Communicant's Manual

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The Communicant's Manual.

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'That which we have seen and heard declare we unto you, that ye also may have Fellowship with us and truly our Fellowship is with the FATHER, and with His SON JESUS CHRIST.'

1 *S. John the Divine*, i. 3.

✠

[Edward King]

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PREFACE.

THIS Manual of Prayers does not profess to be better than many other books of the same kind, which, during the last few years, have been, thank GOD, so greatly multiplied. It is, however, hoped that it will be received by those for whom it has been specially compiled, as an evidence of the love with which they are loved by those who have been set over them in the LORD. There is little that is original in the book; the Prayers are for the most part selected from approved sources; if they appear to anyone to be too long or difficult, it may be well to remember the two aspects of prayer. First, we may consider it as a means conditional, by which we may obtain that which GOD would give us; we must ask, if we would have. Secondly, it is a means permitted, by which the soul may commune with GOD.

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themselves unto Godliness,' have felt the necessity and benefit of some kind of Meditation; it is sometimes called 'Mental Prayer,' and as such is perhaps the highest kind of Prayer, or Communing with God. For it has been well said by an old writer, 'True beseeching does not lie in the accents of the lips, but in the thoughts of the heart, for it is not our words but our desires which make the strongest accents in the deepest ears of God.' S. Greg. Moralia, lib. xxii. 43.

Again, if almost all agree as to the need of Meditation, so many agree as to the general Rules under which Meditation may be most beneficially practised.

I. The Preparation.—That is, the endeavour to realize, as best we may, the Presence of God, either by the general consideration that 'in Him we live, and move, and have our being,' or by the thought of His omniscience and discernment even of 'the thoughts and intents of the Heart,' or remembering the special Presence of the Ascended Saviour to S. Stephen, or in any other way bringing ourselves to the Truth that '*Thou God seest me.*'

II. The Invocation.—*i. e.* Some few words of Prayer for God's Help, remembering that 'we are not sufficient of ourselves, to think

anything as of ourselves, but our sufficiency is of GOD;' we should therefore ask His aid as follows:—

'Make me a clean heart, O GOD, and renew a right spirit within me.'

'Cast me not away from Thy Presence, and take not Thy Holy Spirit from me.'

'Open thou mine eyes, that I may see the wondrous things of Thy Law.'

'Thy hands have made me and fashioned me; O give me understanding, that I may learn Thy Commandments.'

Or in other like words.

III. THE PROPOSITION.—*i. e.* Consideration of the subject proposed for Meditation: with this we should deal in *three* ways.

1. With our imagination, to try and realize the circumstances of the subject proposed, and make it vivid to our mind.

2. With our understanding, to exercise our mind or intellect upon it, endeavouring to discover its depth, and draw out some valuable Truth for our future possession.

3. With our affections and will, to bring the Truth acquired to bear on our own heart and our daily life, seeing how practically we may apply it, and how we could conform to it.

For the above, some such questions as the following may be found useful, if employed with attention, one after the other.

1. Who or what is this?
2. What about it?
3. When is it, or was it?
4. By what means?
5. In what manner?
6. Why?
7. What lesson does it convey to me?
8. How have I regarded it before?
9. What should I now do?

IV. The Conclusion.—This consists—

1. In giving thanks for the Truth God has given us.
2. In forming from the more general considerations some two or three definite Resolutions, to meet the needs of our own life, and sometimes of each particular day. This exercise of the will in fixing the Resolution is a very important part in Meditation; it saves us from that danger of going over the theory of virtue in our thoughts, and drawing fine pictures of it, which may only harden the mind, and form an habit of insensibility to all moral considerations.
3. A Prayer for grace and perseverance in carrying out the Resolutions made.

These are a few of the most usual Rules: a few more suggestions may be added.

1. As to the Time;—it should be, if possible, every day, unless sickness or some very urgent business hinders us; if possible, in the morning, if not, at some time which we can reckon upon with the greatest regularity.

2. The requisite Posture. Probably all persons would begin their Meditation on their knees, and many are able to continue kneeling all the time; but it is well to be free with a reasonable liberty, and if we are really tired, or not strong, we may remember that the position of the body is not so essential; that Moses appears to have sat after a while when praying on the mount above. Isaac went into the fields to meditate, and S. Paul probably did the same on his way to Assos; and Ezekiel lay on his side before the LORD; we may then be free, if we are earnestly doing our best, and kneel or sit, or walk, or rest reclining, only being watchful against a listless ease, and remembering Who it was Who kneeled down and prayed 'falling down to the ground.'

3. As to the selection of subjects;—it must be left to each person's needs as they can best find out, or be guided by those who know them; only it is generally thought well to have

the *subject fixed beforehand*, either over night, or perhaps fixed for a definite season, as Advent, Lent, Easter, Ascension-tide: some persons prefer very formally arranged subjects, others more general suggestions; but whatever is settled upon, the one great thing is *to do it*, and do it with a right intention.

Psalm i. 2.—In His Law doth he meditate day and night.

E. K.

Epiphany, 1871.

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DAILY PRAYERS.

'Be not rash with thy mouth, and let not thine heart be hasty to utter anything before GOD: *for* GOD *is in heaven, and thou upon earth.'*

MORNING PRAYERS.

S. MARK, I. 35.

IN the Name of the FATHER, and of the SON, and of the HOLY GHOST. Amen.

LORD, have mercy upon me.
CHRIST, have mercy upon me.
LORD, have mercy upon me.

Our FATHER, Which art in heaven, Hallowed be Thy Name. Thy kingdom come. Thy will be done in earth, As it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive them that trespass against us. And lead us not into temptation; But deliver us from evil. Amen.

Confession of Faith.

I believe in GOD the FATHER Almighty, Maker of heaven and earth:

And in JESUS CHRIST HIS only SON our LORD, Who was conceived by the Holy Ghost, Born of the Virgin Mary, Suffered under Pontius Pilate, Was crucified, dead, and buried, He descended into hell; The third day He rose again from the dead, He ascended into heaven, And sitteth on the right hand of GOD the FATHER Almighty; From thence He shall come to judge the quick and the dead.

I believe in the HOLY GHOST; The holy Catholic Church; the Communion of Saints; The Forgiveness of sins; The Resurrection of the body, And the Life everlasting. Amen.

Confession of Sin.

I confess to GOD the FATHER Almighty, to His Only-Begotten SON JESUS CHRIST our LORD, and to GOD the HOLY GHOST, that I have sinned exceedingly, in thought, word, and deed, through my fault, through my fault, through my most grievous fault. Wherefore I beseech Almighty GOD, the FATHER, the SON, and the HOLY GHOST, to have mercy upon me.

May Almighty GOD have mercy upon

me, forgive me my sins, and bring me to everlasting life. Amen.

Repentance and Resolution.

My God, I am heartily sorry for having thus sinned in the past, because thereby I have offended Thee, who art my chief and only Good. I utterly hate my sins, because they displease Thee, and most firmly purpose not to sin again. From this moment I intend, with Thy help, to flee from all causes, occasions, and danger of sin, and to encounter anything rather than commit sin. Deliver me, O merciful God, from the evils of this day, and guide my feet into the ways of peace; strengthen my resolution to embrace with gladness all opportunities of doing good, and to carefully avoid all occasions of sin, especially those which I have found by experience to be most dangerous to my soul; and when through frailty I forget Thee, do Thou in mercy remember me; that as I often fall by the evil inclination of my nature, I may always rise again by the assistance of Thy grace; make me diligent in the duties of my calling and state of life, and not too anxious for the success of my affairs; but in all the changes and crosses of this world, may I submit absolutely to Thy Divine pleasure, and wholly rely on Thy merciful

Providence. Let Thy blessing be upon my actions, and Thy grace direct my intentions; that the whole course of my life, and the principal designs of my heart, may always tend to the advancement of Thy glory, the good of others, and the eternal salvation of my own soul; through JESUS CHRIST our LORD and SAVIOUR, Who with Thee and the HOLY GHOST liveth and reigneth, one GOD, world without end. Amen.

Adoration and Thanksgiving.

O Eternal GOD, FATHER, SON, and HOLY GHOST, the Beginning and End of all things, in Whom we live and move and have our being, I adore Thee with the deepest humility of body and soul. I bless Thee, and give Thee thanks, that Thou hast created me out of nothing, made me in Thine own Image and Likeness, capable of loving Thee, and of eternal happiness in Thee; that Thou hast redeemed me with the Precious Blood of Thy SON, and sanctified me with Thy HOLY SPIRIT; that Thou hast called me into Thy Church, assisted me by Thy Grace, admitted me to Thy Sacraments, watched over me by Thy Providence, blessed me, notwithstanding my sins and unworthiness, with the continuance of Thy gracious protection; and for all the innumerable blessings, which I owe to Thine undeserved bounty,

especially for Thy merciful preservation of me during the night past, and bringing me safely to this present day. What return can I make unto Thee, O my GOD, for all Thou hast done unto me? I will bless Thy holy Name, and serve Thee all the days of my life. Bless the LORD, O my soul; and all that is within me, bless His Holy Name.

Petition.

O LORD our heavenly FATHER, Almighty and everlasting GOD, Who hast safely brought me to the beginning of this day; defend me in the same with Thy mighty power; and grant that this day I may fall into no sin, neither run into any kind of danger; but that all my doings may be ordered by Thy governance, to do always that is righteous in Thy sight; through JESUS CHRIST our LORD. Amen.

O Almighty LORD and everlasting GOD, vouchsafe, I beseech Thee, to direct, sanctify, and govern, both my heart and body, in the ways of Thy laws, and in the works of Thy Commandments; that through Thy most mighty protection, both here and ever, I may be preserved in body and soul; through our LORD and SAVIOUR JESUS CHRIST. Amen.

Here say the Collect for the day, and on Fridays add the Collect for the Sunday next before Easter.

Before Holy Communion.

Come, HOLY GHOST, visit and cleanse my heart; that our LORD JESUS CHRIST at His coming may find in me a mansion prepared for Himself, Who liveth and reigneth with Thee and the FATHER, one GOD, world without end. Amen.

Intercession.

To be added on Sundays.

Bless, O LORD, Thy creatures,
especially mankind;
All in affliction, or in prosperity;
in error, or in truth;
in sin, or in grace.
The Universal Church;—
The Eastern, Western, English:
Bishops, Priests, Deacons,
especially those of this Diocese,
and more especially the Clergy of this Parish;
the Laity;
the Nations of the Earth,—
those that are Christian,
those near to us,
our own;
Our Sovereign,
and all the Royal Family;
All who are in authority and dignity:
Counsellors, Judges, Magistrates, Officers;

The People:—
Farmers, Merchants, Artificers;
the Labouring Classes,
the Poor:
All such as are commended to me by
Kindred,
Kind actions,
By ministering to my bodily necessities,
Having been under my charge formerly or now,
By moral friendship,
Charity,
Neighbourhood,
By my promise,
Their desire,
Want of their own leisure,
By compassion for their extremity or difficulty,
By good works,
By having shared with them in sin,
Want of anyone else to pray for them.
O LORD, bless them all.

Offering of Self.

Into Thine hands, O LORD, I commend myself this day and for ever, and with myself my relations, (*here name them,*) and all for whom I desire to pray.

Be Thou, O LORD,
Within us to strengthen us,
Without us to keep us,
Above us to protect us,
Beneath us to uphold us,
Before us to lead us,
Behind us to keep us from straying,
Round about us to defend us.

May the Almighty and Merciful LORD, the FATHER, the SON, and the HOLY GHOST, bless and preserve me, and bring me to life everlasting. Amen.

EVENING PRAYERS.

S. LUKE, VI. 12.

IN the Name of the FATHER, and of the SON, and of the HOLY GHOST. Amen.

Blessed be the Holy and Undivided TRINITY, now, henceforth, and for ever. Amen.

LORD, have mercy upon me.
CHRIST, have mercy upon me.
LORD, have mercy upon me.

Our FATHER.

Confession of Faith.

I believe in GOD the FATHER, Who hath made me and all the world.

And in GOD the SON, Who hath redeemed me, and all mankind.

And in GOD the HOLY GHOST, Who sanctifieth me, and all the elect people of GOD.

Confession of Sin.

Here examine yourself under the heads of Temptations, page 30, especially under that which leads to your besetting sin, and then say,

I confess to Thee, O Almighty GOD, that I have sinned greatly in thought, word, and

deed, through my own most grievous fault. [Especially . . . . . .] Wherefore I beseech Thee, O LORD, to have mercy upon me, to forgive all my sins, to grant me true repentance, and to bring me to everlasting life. Amen.

May the Almighty and Merciful LORD grant me pardon, absolution, and remission of all my sins. Amen.

Thanksgiving.

And now, O most gracious GOD and FATHER, with all the faculties of my soul and body I praise and magnify Thy Holy Name, and give Thee humble thanks for Thy great and innumerable Benefits, proceeding only from Thy Bounty, and intended wholly for my good; particularly for preserving me this day in the midst of so many and great dangers, and delivering me from so many penalties due to my sins. Thou art my Creator, my Comfort, and kind Protector. Thou hast made me for Thyself. Under the shadow of Thy wings is perpetual repose, and from the light of Thy countenance flow everlasting joy and happiness. To Thee be glory and honour; to Thee adoration and obedience from all Thy creatures for ever. Amen.

After Holy Communion.

O merciful LORD GOD, Who hast vouchsafed to feed me, Thy unworthy creature, with that Bread which cometh down from Heaven, and giveth life unto the soul; so strengthen and sustain me, I beseech Thee, by Thy most gracious gifts, that I may resist all the temptations of the world, the flesh, and the devil, and walking in the way of Thy Commandments, may glorify Thy Holy Name; through JESUS CHRIST our LORD. Amen.

Commendation.

Into Thy hands I commend
my spirit,
soul,
body;
Thou hast created,
redeemed,
regenerated them,
O LORD, Thou GOD of Truth.
And with myself I commend unto Thee all
mine and all that belong to me.
[Especially . . . . . .]
Thou, O LORD, hast graciously given them
unto Thy servant.
Preserve us, O LORD, from all evil;
O LORD, I beseech Thee, keep our souls;

Keep us from falling,
and present us faultless before the presence
of Thy Glory
at that day.
O LORD, preserve my lying down, and my rising up, from this time forth for evermore.
Grant that I may remember Thee upon my bed, and search out my spirit,
That I may wake up and be present with Thee.
I will lay me down in peace, and take my rest:
for it is Thou, LORD, only that makest me dwell in safety.

May our LORD of His mercy grant unto me, with all the faithful, rest and peace. Amen.

MORNING PRAYERS FOR YOUNG PERSONS.

PROVERBS, VIII. 17.

As soon as you wake in the morning, think of GOD and say,

Glory be to the FATHER, and to the SON, and to the HOLY GHOST;

As it was in the beginning, is now, and ever shall be, world without end. Amen.

When you rise, say with thankfulness,

I laid me down and slept, and rose up again, for the LORD sustained me.

When ready, kneel down, recollect where you are, in the presence of the Great and Holy GOD, Who knows all about you, and is looking into your heart now, and say,

In the Name of the FATHER, and of the SON, and of the Holy Ghost. Amen.

I believe in GOD the FATHER Almighty, Maker of heaven and earth:

And in JESUS CHRIST His only SON our LORD, Who was conceived by the HOLY GHOST, Born of the Virgin Mary, Suffered under Pontius Pilate, Was crucified, dead, and buried, He descended into hell; The third day He rose again from the dead, He ascended into heaven, And sitteth on the right hand of GOD the FATHER Almighty;

From thence He shall come to judge the quick and the dead.

I believe in the HOLY GHOST; The holy Catholic Church; The Communion of Saints; The Forgiveness of sins; The Resurrection of the body, and the Life everlasting. Amen.

Or say the following Act of Faith:

I believe in GOD the FATHER, Who hath made me, and all the world:

And in GOD the SON, Who hath redeemed me, and all mankind:

And in GOD the HOLY GHOST, Who sanctifieth me, and all the elect people of GOD.

Our FATHER, Which art in heaven, Hallowed be Thy Name. Thy kingdom come. Thy will be done in earth, As it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive them that trespass against us. And lead us not into temptation; But deliver us from evil. Amen.

Then pause, and think of any sin of thought, word, or deed, you may have committed since you said your prayers the night before, and then say,

I confess to Thee, Almighty and Merciful GOD, that I have sinned. I am truly sorry, and I pray Thee of Thy love to forgive me for the sake of JESUS, Who died for me; and I ask Thee to help me to serve Thee better to-day. Amen.

O Almighty GOD, I adore Thee for Thy great goodness and love to me: and I thank Thee for having kept me during the night. Keep me also this day from all sin and harm. Make me honest, pure, and careful to speak the truth. Teach me to love, honour, and obey my Parents, my spiritual Pastors, and my Teachers. Bless them, O LORD, and my Brothers and Sisters, and all whom I ought to love. And as Thou hast been pleased to receive me for Thine own child at my Baptism, so guide me, I pray Thee, by Thy HOLY SPIRIT, that I may be indeed Thy child in all things; through JESUS CHRIST our LORD. Amen.

Then rising from your knees, and standing perfectly quiet for a few moments, purpose to be good and do good this day, and especially to avoid the sins of yesterday which you confessed last night.

Look forward into the day, and ask yourself,

What temptations am I likely to meet with?

And then determine, by GOD's help, to resist them; say solemnly before and to GOD,

By Thy help, I WILL resist them.

What opportunities of doing good am I likely to meet with?

And then determine, by GOD's help, to use them; say solemnly before and to GOD,

By Thy help, I WILL use them.

On Friday and other fast days offer some special sacrifice of self-denial to GOD.

EVENING PRAYERS FOR YOUNG PERSONS.

1 SAMUEL, III. 3, 4.

Kneel down, recollect where you are, in the presence of the Great and Holy GOD, Who has been with you all day, Who knows all about you, and is looking into your heart now, and say,

In the Name of the FATHER, and of the SON, and of the HOLY GHOST. Amen.

Then pause, and look back upon the day past, and think how you spent the morning, afternoon, and evening; ask yourself whether you have committed any sin of thought, word, or deed, [see page 18,] or have left undone anything you feel you ought to have done; and then say,

I confess to Thee, O Almighty GOD, that I have sinned greatly, in thought, word, and deed, through my own most grievous fault. Wherefore, I beseech Thee, O LORD, to have mercy upon me, to forgive all my sins, to grant me true repentance, and bring me to everlasting life. Amen.

O GOD, heavenly FATHER, I, though a poor sinner, bless and praise Thy glorious Name for the love Thou hast shewn me to-day; and I pray Thee to bless me before I lie down to rest. Bless my Parents, Brothers, and Sisters, and all for whom I ought to pray. And as Thou hast been

about my path, so I beseech Thee, be about my bed. Let Thy Holy Angels watch over me in my sleep, that I may be safe from all harm; through JESUS CHRIST our LORD. Amen.

Our FATHER, Which art in heaven, Hallowed be Thy Name. Thy kingdom come. Thy will be done in earth, As it is in heaven. Give us this day our daily bread. And forgive us our trespasses, As we forgive them that trespass against us. And lead us not into temptation; But deliver us from evil; For Thine is the kingdom, The power, and the glory, For ever and ever. Amen.

Then rise from your knees, go to bed quietly, try and think that JESUS is in the room with you, and loves you; and as you compose yourself to sleep, say,

I will lay me down in peace, and take my rest; for it is Thou, LORD, only that makest me dwell in safety.

Glory be to the FATHER, and to the SON, and to the HOLY GHOST;
As it was in the beginning, is now, and ever shall be, world without end. Amen.

If you wake in the night, try and repeat any Prayer or Hymn you know, and remember that GOD sees you, and your Holy Angel is guarding you.

QUESTIONS FOR EXAMINATION.

1. Did I say my prayers properly last night, and this morning? If not, why not?

2. Have I been selfish, disobedient, proud, conceited, vain, dishonest, spiteful, greedy, angry, idle?

3. Have I been immodest or unclean in thought, or in word, or in deed, by myself or with others?

4. Have I been deceitful in word or deed?

5. What have I done, or said, or thought, about which I doubt whether it were sinful or not?

6. Have I tried to think that GOD is always with me?

On Friday evening, as well as the usual questions, ask yourself,

Have I remembered the sufferings of my dear LORD, and denied myself for His sake?

On Sunday evening add this question:—

Have I kept this day holy, and been reverent in Church?

MID-DAY PRAYERS.

PSALM LV. 18.

Recollect yourself in the Presence of GOD, and consider how you have spent the morning, and how you intend to spend the afternoon, and say,

Our FATHER.

O SAVIOUR of the world, Who by Thy Cross and Precious Blood hast redeemed us, save us, and help us, we humbly beseech Thee, O LORD.

EJACULATORY AND OCCASIONAL PRAYERS.

S. LUKE, XXI. 36.

On waking.

When I wake up I am present with Thee.

On rising.

Early in the morning will I direct my prayer unto Thee, and will look up.

While washing.

Wash me throughly from my wickedness.

While dressing.

Clothe me with righteousness.

On going forth.

I will go forth in the strength of the LORD GOD.

Before and after a journey.

O LORD, preserve my going out, and my coming in.

At work.

Prosper Thou the work of my hands upon me.

In conversation.

Set a watch, O LORD, before my mouth, and keep the door of my lips.

Before reading.

Teach me, O LORD.

When walking.

Hold Thou up my goings in Thy paths.

When the clock strikes.

Teach me to number my days.

In temptation.

LORD, help me!

Turn away mine eyes lest they behold vanity.

On deliverance.

Thanks be to GOD.

After a fall.

GOD be merciful to me a sinner.

Before Church.

O Heavenly FATHER, I am now in Thy House. Send upon me Thy HOLY SPIRIT. Cleanse my heart from all vain, evil, and wandering thoughts. Enlighten my understanding, and kindle my affections, that I may pray to Thee, and offer up my praises with attention and devotion, and hear Thy Word with reverence. Grant this for JESUS CHRIST'S sake, our LORD. Amen.

After Church.

O merciful LORD, I thank Thee for this opportunity of worshipping Thee. Forgive, I pray Thee, the wandering of my thoughts. Grant that what I have heard with my ears, I may believe in my heart, and show forth in my life. Accept my imperfect service, together with that of Thy whole Church, through JESUS CHRIST our only Mediator and Advocate. Amen.

For Church workers.

(See note on page 100.)

O LORD, I beseech Thee to direct, sanctify, and accept my service, together with that of my fellow-workers in this Parish; and grant that it may be fruitful in blessing to ourselves, and profitable to the edification of Thy Church, and to Thy Glory, according to the fulness of Thy Power, through JESUS CHRIST our LORD. Amen.

Grace before meals.

Bless, O LORD, these Thy gifts to our use, and us to Thy service, for JESUS CHRIST'S sake. Amen.

Grace after meals.

Thanks be to Thee, O LORD, for these and all other Thy mercies.

On entering your room at night.

Thou GOD seest me.

While undressing.

Shortly I must put off this tabernacle.

On going to sleep.

Into Thy hands I commend my spirit.

FAMILY PRAYERS.

GENESIS, XXXV. 2, 3.

Pray with your household at least morning or evening. Stand and say,

In the Name of the FATHER, and of the SON, and of the HOLY GHOST. Amen.

Then say a Psalm of the day, or sing a Hymn, or read a passage from Scripture.

Kneeling down, say,

Almighty and most merciful FATHER; We have erred, and strayed from Thy ways like lost sheep. We have followed too much the devices and desires of our own hearts. We have offended against Thy holy laws. We have left undone these things which we ought to have done; And we have done those things which we ought not to have done; And there is no health in us. But Thou, O LORD, have mercy upon us, miserable offenders. Spare Thou them, O GOD, which confess their faults. Restore Thou them that are penitent; According to Thy promises declared unto mankind in CHRIST JESU our LORD. And grant, O most merciful FATHER, for His sake; That we may hereafter live a godly, righteous, and sober life, To the glory of Thy Holy Name. Amen.

Our FATHER, &c.

The Collect for the day.

Almighty GOD, we beseech Thee graciously to behold this Thy family, for which our LORD JESUS CHRIST was contented to be betrayed, and given up into the hands of wicked men, and to suffer death upon the cross; Who now liveth and reigneth with Thee and the HOLY GHOST, ever one GOD, world without end. Amen.

In the morning.

O Everlasting JESUS, Who in the early morning didst give Thyself to be reviled and scoffed at by Thine enemies; visit us, we pray Thee, at this hour with Thy grace and mercy; that so throughout the day we may find peace and joy in all that ministers to Thy praise and glory; Who livest and reignest with the FATHER and the HOLY SPIRIT, ever one GOD, world without end. Amen.

In the evening.

Visit, we beseech Thee, O LORD, this House, and drive far from it all snares of the enemy. Let Thy Holy Angels dwell herein, and preserve us in peace, and let Thy blessing be upon us evermore; through JESUS CHRIST our LORD. Amen.

Save us, O LORD, while waking, and defend us while sleeping: that when we are awake we may watch with CHRIST, and when we are asleep, we may rest in peace.

Conclude with

The Grace of our LORD JESUS CHRIST, and the Love of GOD, and the Fellowship of the HOLY GHOST, be with us all evermore. Amen.

On Sundays.

Instead of the daily form of confession, say:

We confess to Thee, O Almighty GOD, that we have sinned greatly, in thought, word, and deed, through our own most grievous fault. Wherefore, we beseech Thee, O LORD, to have mercy upon us, to forgive all our sins, to grant us true repentance, and bring us to everlasting life. Amen.

And add this Prayer for your Parish:—

Almighty and Everlasting GOD, Who dost govern all things in Heaven and earth: mercifully hear the supplications of us Thy servants, and grant unto this parish all things that are needful for its spiritual welfare: schools, wherein to bring up the young in Thy faith and fear; ministers, to labour in this portion of Thy Vineyard; a

church completed in the beauty of holiness. Strengthen and confirm the faithful; visit and relieve the sick; turn and soften the wicked; rouse the careless; recover the fallen; restore the penitent; remove all hindrances to the advancement of Thy Truth; and bring all to be of one heart and mind, within the fold of Thy Holy Church, to the Honour and Glory of Thy Blessed SON, JESUS CHRIST our LORD. Amen.

MEDITATION.

[For special Rules for Meditation, see Preface to Second Edition, page v.]

Books Suggested for Meditation and Devotion.

[Persons who cannot procure many Books are recommended to choose those which are mentioned first.]

Imitation of Christ, by Thomas a Kempis.
The Christian Year.
Treasury of Devotion.
Daily Steps towards Heaven.
Marriott's Hints on Private Devotion.
Benson's Manual of Intercession.
Devotions for Holy Communion, Edited by Keble.
Carter on Repentance.
S. Augustine's Confessions.
Pearson on the Creed.
Hooker's Ecclesiastical Polity. Book V.
Bishop Wilson's Sacra Privata.
Bishop Andrewes's Devotions.
George Herbert's Poems.
S. Anselm's Meditations.
Jeremy Taylor's Holy Living and Dying.
Manual of the Confraternity of the Blessed Sacrament.
The Altar Manual. (For Choristers and Young Persons.
The Spiritual Combat.
Meditations on the Suffering Life of our Lord.

Nourishment of the Christian Soul.
Plain Commentary on the Four Gospels.
Isaac Williams's Commentaries.
Wilberforce on the Incarnation.
Keble's Eucharistic Adoration.
Paradise of the Christian Soul.
Pensées de Pascal.
Brett's Churchman's Guide.
Hook's Christian Taught by the Church Services.
Pusey's Addresses to the Companions of the Love of Jesus.
Milman's Love of the Atonement.
Bright's Ancient Collects.
S. Francis de Sales' Devout Life.
The Divine Master.
Sewell's Passing Thoughts on Religion.
Avrillon on Lent.
Bright's Faith and Life.
Keble's Letters of Spiritual Counsel.

TEMPTATIONS.

GEN. III. 5, 6; S. LUKE, IV. 1–13; 1 THESS. V. 23.

Pride, or trying to do without GOD, in work, pleasure, or worship.
Profaneness, such as swearing.
Conceit, or self-esteem.
Vanity, or love of esteem of others.
Anger, or cruelty.
Envy, or desire to rob others.
Disobedience to those whom GOD has set over you.
Rudeness, or flattery.
Lying or Hypocrisy, or any kind of deceit.

I. Suggested by the Devil to your spirit. S. Luke, x. 18; S. John, viii. 44; 1 S. Tim. iii. 6.

Stealing money, food, clothing, or any property of others.
Cheating, or taking unfair advantage.
Covetousness, or discontent.
Meanness, or grudging what is due to GOD or man.
Ambition, or pushing eagerly for wealth, honour, or influence.
Ostentation, or love of show, dress, furniture, &c.

II. Offered by the World to your mind. 1 S. John, ii. 15–17.

Uncleanness in thought, word, or deed.

Immodesty, or lightness in manner.

Gluttony, by eating too much, or too delicately.

Drunkenness, or the abuse of any kind of stimulant.

Sloth, by lying in bed, or indulging in luxury, languor, &c.

Idleness, by not doing your work regularly, or not saying your prayers properly.

III. Excited by the Flesh from within your body. S. Mark. vii. 14–23: Gal. v. 19–21.

HOLY COMMUNION.

INTRODUCTION.

CONSIDER—

I. The Nature of this Sacrament.

It is the BODY and BLOOD of CHRIST. *S. Matt.* xxvi. 26–28.

II. The Use of It.

1. As a Communion. *Acts*, ii. 42; 1 *Cor.* x. 16.
2. As a Sacrifice. 1 *Cor.* xi. 26.

III. The Benefits of It.

It is the Food of our Spiritual Life. *S. John*, vi. 53.

IV. The Peril of It.

Lest we eat and drink unworthily. 1 *Cor.* xi. 27.

V. The Preparation for It.

First. *In Self-examination.* 1 *Cor.* xi. 28.
Second. *In Confession and Absolution.* *Psalm* xxvi. 6.
Third. *In Devotion.* *Psalm* cxvi. 13.

First. *Self-examination.*

Before thou dost begin, place thyself in the Presence of God, and say,

O Lord, examine me and prove me; try out my reins and my heart; but my heart is deceitful above all things, and desperately wicked; and how can I know it? Oh! look well if there be any wickedness in me, and lead me in the way everlasting, for Jesus Christ His sake. Amen.

During Self-examination if thy conscience answers 'Not Guilty' to any question, say,

Not unto me, O Lord, but unto Thy Name be the praise, for Thy loving mercy, and for Thy truth's sake.

But if thy conscience answers 'Guilty,' say,

God be merciful to me, a sinner.

QUESTIONS ON THE TEN COMMANDMENTS.

S. MATT. v. 19.

I. Spiritual Pride. *Heb.* xi. 6.

1. Have I for any time doubted if there was a God?
2. Have I ever denied Him, or professed disbelief in Him, or in His Church?
3. Have I tried to act as if I could do without Him, or put anyone in His place from fear or love of man?

II. UNTRUE WORSHIP. *S. John*, iv. 24.

1. Have I at any time altogether neglected the worship of God?

Either (1) by keeping away from church.
(2) by giving up my private prayers.

2. Do I say my prayers properly (*i. e.* reverently, thoughtfully, and devoutly)?
(1) at church.
(2) at home.

3. Have I neglected or profaned the Ordinances of the Church? as Holy Baptism, Confirmation, Holy Communion? or used them superstitiously as charms?

4. Do I (if head of a house) have family prayers regularly?

5. Have I attended any place of worship in England which does not belong to the Church of England, or in any other way encouraged schism?

III. IRREVERENCE IN WORD. *Eccles.* v. 2.

1. Have I ever sworn?

2. Have I been in the habit of talking profanely of GOD and holy things? or of Satan and evil things?

3. Do I speak lightly of religion? of GOD'S Word and Sacraments? Church and Ministers?

IV. IRREVERENCE IN DEED. *S. Mark*, ii. 28.

1. Have I dishonoured Sunday and other Festivals? by profane actions; idle words; or irreligious thoughts?

2. Have I neglected to keep the Fast Days ordered in the Prayer Book?

3. Have I made a godly use of all my time?

V. Disobedience. *Eph.* vi. 1–9.

1. Have I disobeyed my parents, or been rude to, or neglectful of them?

2. Have I honoured the Queen, or rebelled against the law of the land?

3. Have I been disobedient to my masters or mistresses, or to my teachers?

4. Have I neglected the advice of my spiritual pastors?

5. Have I behaved ill to any of my betters?

6. Have I done my duty to all about me? my superiors; equals; and inferiors?

VI. Anger. *S. Matt.* v. 21–26.

1. Have I wounded anyone's body by violence? soul by bad advice or example? feelings by unkind word or manner?

2. Am I by nature passionate, or am I revengeful?

3. Am I a peace-maker?

VII. Uncleanness. 1 *Cor.* vi. 19, 20.

1. Have I been guilty of unclean actions; words; or thoughts?

2. Have I joined with others in sin?

3. Do I indulge my flesh by eating, drink-

ing, or sleeping, more than is necessary? or in any other way?

4. Am I vain of my appearance, or of my dress, or immodest in my manner?

VIII. Dishonesty. *Eph.* iv. 28.

1. Have I ever stolen anything? money, or goods of another?

2. Have I connived at dishonesty in others?

3. Have I defrauded my neighbour by cheating; unfair bargaining; running into debt; borrowing; gambling; neglecting my work; wasting other people's property?

4. Do I defraud God by neglecting to give alms to His Church and poor?

IX. Deceit. *Heb.* iv. 12, 13.

1. Am I in the habit of lying? What is the worst lie I ever told?

2. Do I say ill-natured things about others?

3. Am I always sorry at the faults of other people, and pleased at their goodness?

X. Discontent. *Gal.* v. 26.

1. Have I ever tried, or intended to be dishonest?

2. Am I of a discontented mind? given to day-dreams?

3. What is my chief object in going through my daily work in the state of life to which I am called? Is it the Kingdom of GOD, and His Righteousness, or some passing worldly good?

[*Note.*—When the sins of earlier life have been absolved after a full Confession; these Questions may still be used in reference to daily sins in preparation for each Communion.]

Second. *Confession and Absolution.*

When thou hast finished thy Self-examination, say,

LORD, be merciful unto me; heal my soul, for I have sinned against Thee.

Who can tell how oft he offendeth? O cleanse Thou me from my secret faults.

O most sweet LORD JESUS CHRIST, I, an unworthy sinner, call to Thy memory all the holy thoughts which from eternity hitherto Thou hast ever had, above all that one, whereby Thou, Eternal WORD, thoughtest to become Man. O most merciful LORD, I pray from my heart of hearts that Thou in turn wilt pardon me all the vain, foul, and evil thoughts which, up to this time, I have entertained, or in any way caused others to entertain. O most piteous LORD JESUS CHRIST, I, miserable sinner, call to Thy memory all the good and health-giving words which Thou ever utteredst on earth. I pray Thee humbly, O good JESU, forgive

me all the words which up to this time I have uttered against Thy will, or caused others to utter. O most sweet JESUS Christ, I, unworthy sinner, yet redeemed by Thy Precious Blood, call to Thy memory all the good works which, for our salvation, Thou wroughtest in the earth. I beseech Thee, most piteous LORD, pardon me whatsoever, by my ill-doing, I have knowingly or unknowingly committed against Thy law, and the glory of Thy Name, or have caused others to commit. And now, O most kind LORD, direct and order all my thoughts, words, and works, according to Thy good pleasure, to the praise of Thy Name; and conform them to the perfect rule of Thy most holy life and conversation. Thine I am, O LORD, and will be, in life and in death; into Thy hands I commend myself, and all that I am.

Purge me with hyssop, and I shall be clean. Wash me, and I shall be whiter than snow.

'And because it is requisite that no one should come to the Holy Communion, but with a full trust in GOD'S Mercy, and with a quiet conscience; if you cannot quiet your own conscience herein, but require further comfort or counsel, or if you feel your conscience troubled with any weighty matter,' you are advised to go to your

Parish Priest, 'or to some other discreet and learned Minister of GOD's Word, and open your grief,' and 'make a special Confession of your sins,' that you 'may receive the benefit of Absolution, together with ghostly counsel and advice, to the quieting of your conscience, and avoiding of all scruple and doubtfulness.'—*Book of Common Prayer—Communion and Visitation Offices.*

'Such as shall be satisfied with a general Confession are not to be offended with them that do use, to their further satisfying, the auricular and secret Confession to the Priest; nor are those also, which think needful or convenient for the quietness of their own consciences particularly to open their sins to the Priest, to be offended with them which are satisfied with their humble Confession to GOD, and the general Confession to the Church; but in all these things to follow and keep the rule of charity; and every man to be satisfied with his own conscience, not judging other men's minds or acts, whereas he hath no warrant of GOD's Word for the same.'—*Book of Common Prayer*, 1549.

Thou hast found out thou art a sinner, and broken thy Baptismal Covenant; and how canst thou be forgiven? The Word of GOD shall tell thee.

1. Sin is
   (1) Misery to thee. *Rom.* vi. 21.
       Fruitlessness in the past.
       Shame in the present.
       Death in the future.
   (2) Scandal to thy neighbour. 2 *Sam.* xii. 14; *S. Matt.* xviii. 6.
   (3) An abomination to GOD. *Gen.* vi. 5, 6, 7.
   (4) A crucifying (*Acts*, ii. 36, &c.) and a defiling of CHRIST. 1 *Cor.* vi. 9, 10, 11, 15–18.
   (5) A profaning of the HOLY GHOST. 1 *Cor.* vi. 19, 20.

2. Forgiveness is
   (1) From GOD. *S. Mark*, ii. 7.
   (2) Through CHRIST. *S. Mark*, ii. 10.
   (3) By the agency of the HOLY SPIRIT. *S. John*, xx. 21–23.
   (4) By the instrumentality of His Ministers, (2 *Cor.* v. 18.) with whom CHRIST throughout the ages of the Church is perpetually present. *S. Matt.* xxviii. 20.
      i. In Baptism. *Acts*, ii. 38.
      ii. In Absolution. *S. John*, xx. 23.
          Sin retained. 1 *Cor.* v. 3–5.
          remitted. 2 *Cor.* ii. 10.
          The value of Confession. 1 *S. John*, i. 9.
          The practice of Confession. *S. Matt.* iii. 6; *Acts*, xix. 18.
      iii. In Holy Communion. *S. Matt.* xxvi. 28.

Come, HOLY GHOST, Thou Who dost convince the world of sin, of righteousness, and of judgement, come and lead me, a sinner, into the paths of righteousness, so that judging myself I may not be judged. Lead me in the paths of repentance and amendment of life.

Make me to know wherein true repentance consists; and knowing this, to choose it as my portion; even if it be with all the bitterness and shame of Confession to Thee through Thy Minister.

I resign myself to Thy Will; I yield my soul to Thy guidance. Unite me to Thyself by Thy Holy Mysteries, that I may be One with Thee, as Thou art with the FATHER and the SON for evermore. Amen.

Third. *Devotions.*

1. Before the Service.

Say daily:—

We do not presume to come to this Thy Table, O Merciful LORD, trusting in our own righteousness, but in Thy manifold and great mercies. We are not worthy so much as to gather up the crumbs under Thy Table. But Thou art the same LORD, Whose property is always to have mercy: Grant us therefore, Gracious LORD, so to eat the FLESH of Thy dear SON JESUS CHRIST, and to drink His BLOOD, that our sinful

bodies may be made clean by His BODY, and our souls washed through His most Precious BLOOD, and that we may evermore dwell in Him, and He in us. Amen.

[Or some other appropriate prayer.]

On the night before Communion, add the following Prayer:—

O LORD, our GOD, the Bread of Heaven, the Life of the world, I have sinned against Heaven, and before Thee, and am not worthy to partake of Thine immaculate mysteries; but in Thy Divine tenderness do Thou vouchsafe me by Thy Grace to partake of Thy Holy BODY and Precious BLOOD without condemnation, unto remission of sins and eternal life. Amen.

In the morning, say:—

O LORD JESUS, I come to Thee, I come trusting to no righteousness of my own; I am blind, for I cannot see good things; I am lame, for I cannot walk on the right road; I am deaf, for I cannot hear Thy Holy Word aright; I am dumb, for I cannot speak of Thee as I ought; I am naked, for my own righteousnesses are but as rags, filthy rags; I am barren, for I bring forth a miserable harvest of good fruits, and not as I ought to do. Here, then, I am, O LORD, this morning; I am going to Thy Holy Altar; I confess that I shall kneel there blind, lame, deaf, dumb, naked, and barren; yet, LORD,

I am going to Thee: I want sight, soundness, hearing, voice, clothing, fruitfulness in well-doing; I want them, LORD, but only from Thee. I do not wish to be troubled because I have them not, for I would rather have them from Thee. Thus then I come, emptied quite, emptied of myself, emptied utterly, begging Thee to fill me, to fill me with Thine own Self; to wash my soiled robes in the Blood of Thy Sacrifice. I come to Thee in the Sacrament of Thy most blessed BODY and BLOOD, as to the foot of Thy Cross. O LORD, as Thou didst suffer a poor penitent with unclean lips to kiss Thy feet at supper, and to stand all cleansed beside Thy Cross on Calvary; so suffer me, all trembling with my conscious guilt, to touch Thee through the Sacrament of Thine Atonement, lest I die. Amen.

[See Suggestions on page 76.]

2. During the Service.

The Service is divided into five Parts.

1st. The Introduction.
2nd. The Offering.
3rd. The Consecration.
4th. The Communion.
5th. The Conclusion.

1st. The Introduction.

i. The LORD'S Prayer, (*S. Matt.* vi. 9.) as the model of all devotion.

ii. The First Collect (*Psalm* xxiv. 4, 5.)
is a Prayer for pure intention in all concerned.

iii. The Commandments (*S. John*, xiv. 15.)
are recited by the Priest in the Name of GOD, to remind the people of their sins; each Commandment being followed by a cry for mercy for the past, and grace for the future.

iv. The Prayer for the Queen. 1 *S. Tim.* ii. 2.

v. The Collect for the Day, (*S. Luke*, xi. 9, 10.)
collected from the Epistle and Gospel, is either suitable to the season, or asks for some special grace.

vi. The Epistle (*Col.* iv. 16.)
is for instruction, and therefore during it the Congregation are permitted to sit in the attitude of attention.

vii. The Gospel (*S. John*, xx. 31.)
records some event or discourse in the History of our LORD, and therefore all stand to do honour to His Name, and say, 'Glory be to Thee, O GOD,' before it, and 'Thanks be to Thee, O LORD,' after it.

viii. The Nicene Creed (*Rom.* x. 10.)
is a Hymn of Faith, and therefore should be sung;
is a Confession of Faith, and therefore should be made standing eastward.

ix. The Sermon, (1 *Cor.* i. 23.)
if there be one, will be in connection with the Services of the day; and if thou listenest to it attentively, thou wilt be better disposed to receive the Sacrament worthily.

2nd. The Offering.

i. The Offertory (1 *Cor.* xvi. 2.)
is a privilege allowed to His creatures of giving alms to God for His Church and poor upon His Altar.

Give cheerfully and plenteously, and say,

Keep me, O God, from all idle and vain expenses, that I may always have to give to him that needeth; and graciously accept these alms now offered to Thee, for Jesus Christ's sake. Amen.

Then kneel down and meditate upon the Bounty of God.

ii. The Oblations (*Lev.* xxiii. 10, 11.)
of Bread and Wine are presented to God by His Priest.

As he places them upon the Altar, say,

Of Thine own do we offer to Thee, O Lord, these Thy gifts to us, that they may be consecrated to be made the Body and Blood of Christ.

iii. The Prayer for the Church Militant (1 *S. Tim.* ii. 1.)
includes
(i.) The Act of Offering, and
(ii.) Commemoration of the whole Church, *i.e.* Intercession for the Church still fighting, a Blessing for the Church at rest, and a longing for the Church in triumph.

iv. The Exhortation (*S. Matt.* vii. 6.)
is addressed to the whole congregation,
(i.) to warn them as to the danger of receiving unworthily,
(ii.) to urge them to give thanks for the Benefit of the Sacrament.

v. The Invitation (*S. Luke*, xiv. 17.)
is specially addressed to those who intend to communicate, and
(i.) presupposes repentance and love in the past,
(ii.) exhorts to amendment and obedience for the future,
(iii.) requires faith and confession in the present.

vi. The Confession (1 *S. John*, i. 9.)
is a contrite acknowledgement of thy sins since thy last Communion.

vii. The Absolution (2 *Cor.* v. 18–20.)
is a Message of Pardon and Peace from the Great King, saying through His Ambassador, 'Thy sins are forgiven

thee;' and a cleansing of thine heart to receive Him as thy Guest.

viii. The Comfortable Words (*S. John*, xvii. 17.)

are addressed to the truly penitent, and may be turned into prayers for the realization of the Absolution which has just been given.

ix. The Thanksgiving (*Heb.* xii. 22; xiii. 15.) includes

(i.) The Invitation of the Priest, and the responses of the people.

(ii.) The Preface, which refers to GOD the acknowledgement of the necessity for Thanksgiving, which has just been made by the people.

(iii.) The Proper Preface, which commemorates the particular fact in the Scheme of Salvation which the Church is celebrating.

(iv.) The Introduction to the Sanctus, or Hymn 'Holy, Holy, Holy,' which testifies to the presence and sympathy of the Heavenly Host with the Church. *Eph.* iii. 10.

(v.) The Sanctus, which is the great Hymn of Praise in which Priest and people join with the Heavenly Choir in adoring the Ever-blessed Trinity. *Isaiah*, vi. 1–3; *Rev.* iv. 8.

x. The Prayer of Humble Access (*S. Luke*, ix. 34.)
brings us back to Supplication as the most fitting tone of mind before the great Act of Consecration.

(This Prayer may be used at any time during preparation for Holy Communion.)

3rd. The Consecration

[The Priest's action is no repetition of the full, perfect, and sufficient Sacrifice finished on Calvary, but is (1) the earthly counterpart of that which CHRIST continually does in Heaven; and (2) the commemoration of that which once for all He did on the Cross.]

is the most solemn and the central Act of the Service, by which the Bread and Wine are made, through the power of GOD the HOLY GHOST, verily and indeed the BODY and BLOOD of CHRIST,* and are offered to GOD the FATHER as the Eucharistic Sacrifice.

While the Priest is preparing for the Act of Consecration, say,

The LORD send thee help from His Sanctuary, and strengthen thee out of Sion: remember all thy offerings, and accept thy Sacrifice: the LORD receive this Sacrifice

* The Operation of the HOLY GHOST in the Act of Consecration is analogous to His Operation in the Incarnation, wherein GOD was made Flesh of the substance of His Mother without ceasing to be GOD; 'so the bread which is produced from the earth, when it receives the invocation of GOD, is no longer common bread, but the Eucharist, consisting of two realities, earthly and heavenly.'

at thy hands, to the praise of His Holy Name, and the benefit of us, and all His whole Church. And do Thou, O HOLY GHOST, come down and consecrate these gifts by the hand of Thy servant, that they may be made the very BODY and BLOOD of the LORD. Amen.

At the end of the Consecration Prayer, let the people, as co-operating with the Priest and with CHRIST in the Act of Consecration, say, 'Amen.' 1 *Cor.* xiv. 16; *Rev.* i. 6.

Immediately after the Prayer, say,

'My LORD and my GOD.'

Devoutly I adore THEE, Deity unseen,
Who THY Glory hidest 'neath these shadows mean:

Lo, to THEE surrendered, my whole heart is bowed,
Tranc'd as it beholds THEE, shrin'd within the cloud.

I believe whate'er the SON of GOD hath told,
What the Truth hath spoken, that for truth I hold.

'Twas the Godhead only on the Cross was veil'd,
Here the Manhood also is from sight conceal'd.

Both alike believing, THEE One CHRIST I own,
Suing, like the robber, at THY mercy's throne.

THY dread wounds, like Thomas, though I cannot see,
His be my confession, LORD and GOD, of THEE.

LORD, my faith unfeigned evermore increase.
Give me hope unfading, love that cannot cease.

Oh, Memorial wondrous of the LORD'S own Death,
Living Bread, that givest all His creatures breath!

Grant my spirit ever by THY life may live,
To my taste THY sweetness never failing give.

Pelican most tender, THINE own children's Food,
Cleanse my heart's uncleanness with THY precious Blood.

Lo, one Drop, dear JESU, all the world could save,
From sin's foul pollution all creation lave.

JESU, Whom now veiled I by faith descry,
What my soul doth thirst for, do not, LORD, deny:

That THY Face unveiled I at last may see,
With the vision blest, my LORD and GOD, of THEE.

4th. The Communion.

DEVOTIONS.

i. While the clergy are communicating.
ii. While the people are communicating.
iii. Before communicating thyself.
iv. After having communicated.
v. If thou art not going to communicate.
vi. For Spiritual Communion for those who from no fault of their own are unable to communicate.

i. While the Clergy are communicating.

O Thou
Who walkest in the midst of the Golden Candlesticks!
Remove not our Candlestick out of its place.
Set in order the things that are wanting.
Establish what remains,
what Thou mightest reject,
what is ready to perish.
O Thou
Who art the LORD of the Harvest!
Send forth labourers,
sufficiently enabled by Thee,
into Thy harvest.
O Thou
Who art the Portion of them that wait in Thy Temple!
Grant that Thy Clergy may rightly divide the Word of Truth,
And faithfully administer Thy Holy Sacraments. Amen.

O LORD JESUS CHRIST, Who saidst unto Thine Apostles, 'Peace I leave with you, My peace I give unto you,' regard not my sins, but the Faith of Thy Church, and grant unto Her that peace and unity which is agreeable to Thy Will, Who livest and reignest GOD, world without end. Amen.

O Most gracious FATHER, accept this holy Sacrifice at the hands of the Priest, in union with that all-holy Sacrifice which Thy beloved SON throughout His whole life, at the last Supper, and upon the Cross, offered unto Thee, for me, for ——, and all for whom He vouchsafed to die. Look upon the Face of Thy most well-beloved SON, Whom we offer unto Thee as a Sacrifice of praise, of thanksgiving, and atonement; and by His Tears and Bloody Sweat, by His Groans and Sighs, by His Labours and Obedience, by His infinite Merits, remember and have mercy upon Thy Church, and upon the rulers thereof, all Prelates and Princes, all those who can most advance or hinder Thy glory and the salvation of souls. Let Thy Priests be clothed with righteousness, him especially who now stands at Thine Altar and prays for us. Grant that he may be holy as Thou art holy, that by the purity of his life he may approve himself worthy to minister at Thine Altar, and with due reverence may honour Thine all-holy Mysteries, and the Majesty of Thy Name. Amen.

ii. While the people are communicating.

Grant, I beseech Thee, Almighty GOD, that all we who are partakers of this Holy Sacrament, may be confirmed in godliness

may receive remission of our sins; may be delivered from the devil and his wiles; may be filled with the HOLY GHOST; may be worthy of Thy CHRIST, and obtain everlasting life. And together with us, remember, O GOD, for good, the whole mystical Body of Thy SON; that such as are yet alive may finish their course with joy, and that all such as are dead in the LORD may rest in hope and rise in glory, for Thy SON'S sake, Whose death we now commemorate. Amen.

Remember, O LORD, our Brethren who are present, and join together in prayer with us in this holy hour; remember their devotion and their zeal. Remember them, also, who upon good cause are absent; and have mercy upon them and us, according to the multitude of Thy Mercy. Amen.

For, O LORD, mindful of Thy venerable Passion, I approach to Thine Altar, to join in offering unto Thee that Sacrifice, which Thou hast instituted and commanded to be offered in remembrance of Thee for our well-being. Receive it, we beseech Thee, O GOD Most High, for Thy Holy Church, and for the people whom Thou hast purchased with Thy Blood. We bring before Thee, LORD, if Thou wilt graciously vouchsafe to behold,

the tribulations of the people, the groans of prisoners, the miseries of orphans, the necessities of strangers, the helplessness of the weak, the depressions of the languishing, the infirmities of the aged, the aspirations of young men, the vows of virgins, the wailings of widows.

O LORD JESUS CHRIST, SON of the living GOD, have mercy upon me, a miserable sinner, and upon all Thy servants who this day offer unto Thee, or receive the most holy and precious price of our redemption, the Sacrament of Thy precious BODY and BLOOD; and grant unto us grace, virtue, and strength, to offer and partake of this Thy all-holy BODY and BLOOD, with right faith, firm hope, and perfect charity, with the increase of humility and patience, obedience, chastity, and all holiness, to the honour and glory of the Holy Undivided Trinity, and the joy of all the company of heaven, and those who sleep in JESUS especially. Grant, that as Thou dost satisfy the heavenly hosts with the full and serene splendour of Thy Countenance without diminution, so do Thou replenish us living in this vale of misery; and may this Holy Sacrament be to us a refuge from distress, and an increase of happiness to Thy whole Church.

By the virtue of this life-giving Sacrament

have mercy, O most kind LORD JESUS CHRIST, on the holy universal Church, and deliver it from all evils, heresies, discords, and dissensions. Correct those who are in error; convert unbelievers to the faith; grant that schismatics may return to the unity of Thy holy Church, and shew them the light of Thy truth. Grant repentance to hardened sinners, and to the righteous perseverance in good works. Have mercy on all Christian people. Defend the Clergy, and graciously vouchsafe to preserve all specially devoted to Thy Service. Succour all labouring under heavy trials and sorrows; comfort the sick, and restore to them health of body and soul. Grant to the poor and needy all things necessary for their bodies and souls. Grant that travellers and exiles may return in safety to their homes. Bring those who are in perils on the sea to their desired haven. Make wars to cease, and give liberty to all prisoners and captives. O most merciful and indulgent FATHER, pardon all with whom I have sinned, whom I have led into sin, and forgive me also. Give all good things to my parents, friends, and to my enemies, my companions, relations, and benefactors, those whose liberality or bounty I have enjoyed, all who pray to Thee for me, or who have commended themselves to my prayers. [*Here name those for whom you pray.*] Defend them,

O LORD, from all evil, and give them grace to persevere in Thy service unto the end; and, having passed through this vale of misery, may they attain to Thee, Who art their true Home and Treasure, their eternal Reward and Glory. Help those who cry unto Thee in trouble, persecutions, and temptations. Succour those who are in agony, or are departing out of this world, and rescue their souls from the jaws of the roaring lion. Give, by this Holy Sacrament, true charity to our enemies and to ourselves, and to all Thy faithful people succour, help, and consolation; bestowing Thy grace upon those still in the flesh, and granting eternal rest to all the faithful departed, O GOD, Trinity in Unity, Who art blessed throughout all ages. Amen.

[If there is time before thou dost communicate, use some of the Devotions in the Appendix.]

iii. Before communicating thyself.

I pray Thee also, O LORD, by this same All-Holy Mystery of Thy BODY and BLOOD, whereby in Thy Church Thou feedest us and givest us to drink, washest and sanctifiest us, and makest us partakers of the One Supreme Divine Nature, grant me to be filled with all Thy Holy Graces, that I may, with a good conscience, approach Thy Altar, so that these Holy Mysteries may be made unto me salvation and life. For Thou hast

said with Thy holy and blessed Mouth, 'The Bread which I give is My Flesh, Which I will give for the life of the world: I am the living Bread which came down from heaven; if any man eat of this Bread, he shall live for ever.'

O CHRIST, most sweet Bread, heal the palate of my heart, that I may taste the sweetness of Thy love. Heal it of all infirmities, that I may find sweetness in nothing out of Thee. O most pure Bread, Who hast in Thyself all delight and all savour, Who ever refreshest us, and art never exhausted, let my heart feed on Thee, and may my inmost soul be filled with the sweetness of Thy savour. The angels feed on Thee fully; let pilgrim man feed on Thee after his measure, that he may never fail in the way, being refreshed with such Food for the way.

Holy Bread, Living Bread, Pure Bread, Who camest down from heaven, and givest life unto the world, come into my heart, and cleanse me from all defilement of flesh and spirit. Enter into my soul, heal and cleanse me within and without. Be the protection and continual health of my soul and body. Drive far from me those who lay wait for me. Let my enemies remove far away from the presence of Thy power; so that, fenced within and without by Thee, I may, by a straight way, arrive at Thy kingdom, where,

not as now in mysteries, but Face to face, we shall behold Thee; when Thou shalt have delivered up the kingdom to GOD the FATHER, and GOD shall be all in all. For then Thou shalt satisfy me with Thyself by a marvellous fulness, so that I shall neither hunger nor thirst any more: Who, with the same GOD the FATHER and HOLY SPIRIT, livest and reignest throughout all ages. Amen.

iv. After having communicated.

'My soul doth magnify the LORD.'

Soul of CHRIST, sanctify me:
BODY of CHRIST, save me:
BLOOD of CHRIST, inspirit me:
Water from the side of CHRIST, cleanse me;
Passion of CHRIST, comfort me:
O Good JESU, hear me:
Within Thy Wounds hide me:
Suffer me not to be separated from Thee:
From the malicious enemy defend me:
In the hour of my death call me,
And bid me come to Thee,
That with Thy Saints I may praise Thee
For all eternity Amen.

I render Thee thanks, O LORD, Holy FATHER, Almighty Everlasting GOD, Who hast vouchsafed, not for any desert of mine, but only out of the condescension of Thy mercy, to feed me, a sinner, Thy unworthy

servant, with the precious BODY and BLOOD of Thy SON, our LORD JESUS CHRIST; and I pray that this Holy Communion may not bring guilt upon me to condemnation, but may intercede for me to my pardon and salvation: let it be to me an armour of faith, and a shield of good purpose; a riddance of all vices; an extermination of evil desires and longings; an increase of love and patience, of humility and obedience, and all virtues; a firm defence against the wiles of my enemies, visible or invisible; a perfect quieting of all my impulses, fleshly and spiritual; a firm adherence to Thee, the one true GOD, and a blessed consummation of my end: and I pray Thee that Thou wouldest vouchsafe to bring me, a sinner, to that ineffable Feast, where Thou, with Thy SON and the HOLY SPIRIT, art to Thy holy ones true Light, full Satiety, everlasting Joy, Pleasure consummated, and perfect Happiness; through the same our LORD JESUS CHRIST. Amen.

O Thou blessed LORD JESUS, Who hast this day vouchsafed to come under my roof; I most humbly beseech Thee, leave me not, but abide with me for ever. Abide with me, LORD, in all I say, think, do, fear, hope, and enjoy. I fear my own unsteadfastness: abide with me, LORD, for in Thee there is no change. I often despond, and fear I shall fall: abide with me, LORD, and make

me to feel Thy nearness. Be Thou my Refreshment in weariness; my Comfort in trouble; my Refuge in temptation: in death my Life, in judgement my Redeemer. Abide with me always, that I may abide in Thee, O Good JESU, Thou GOD of my salvation. Amen.

v. If thou art not going to communicate.

Use Devotions i., ii., iii., and the following:—

Maker of Heaven and Earth! King of kings, and LORD of lords! Who hast made me out of nothing after Thine Image and Likeness, and hast redeemed me with Thine own Blood, Whom I, a sinner, am not worthy to name, nor to invoke, nor to think of in my heart, I intreat Thee in supplication, and I humbly beseech Thee that Thou wouldest mercifully look upon me Thine unworthy servant, and pity me, as Thou didst the Canaanitish woman and Mary Magdalene; Who sparedst the publican, and the thief when hanging on the cross. To Thee, O most merciful FATHER, I confess my sins, which if I desired, I could not hide from Thee, O LORD! Spare me, O CHRIST, for I am humbled; much have I offended Thee, in pride, avarice, gluttony, luxury, in vainglory, in hatred, in bitterness, in impurity, in theft, in falsehood, in blasphemy, in jesting, in laughter, in idle words, in hearing, in

taste, in touch, in thinking, speaking, doing, and in all the modes in which I, a frail man and a sinner, am capable of sinning, of mine own fault, of mine own fault, of my very great fault: wherefore I beseech Thy clemency, Who camest down from Heaven for my salvation, Who didst raise up David from his fall into sin; spare me, O LORD, spare me, O CHRIST, Who sparedst Peter though he denied Thee. Thou art my Creator and my Helper, my Framer and my Redeemer, my Governor and my Father, O my LORD! my GOD and my King! Thou art my Hope, my Confidence, my Guide, mine Aid, my Consolation and my Strength, my Defence and my Deliverance, my Life, my Salvation, my Resurrection; Thou art my Support and my Refuge, my Light and my Desire, my Help and my Patron. I intreat and beseech Thee help me and defend me, strengthen me and console me, confirm me and gladden me, enlighten me and visit me. Raise me up who am dead, for I am Thy fashioning and work; despise me not, O LORD! I am Thy servant and slave, unworthy and a sinner though I be. But whatever I may be, whether good or evil, yet I am ever Thine. To whom then shall I flee unless I go to Thee? If Thou castest me out, who will receive me? If Thou dost despise me, who will regard me? Acknowledge me so unworthy, who fly for

refuge unto Thee, vile and unclean though I be, for Thou canst cleanse me. If blind, Thou canst enlighten me; if sick, Thou canst heal me; if dead and buried, Thou canst again quicken me; for Thy mercy is greater than my iniquity, Thy pity is greater than my impiety. Thou canst forgive more than I can commit, and spare more than I, a sinner, can sin. Regard not therefore, O LORD, nor be intent upon the multitude of my iniquities, but according to the multitude of Thy compassions have mercy upon me, and be favourable to me, a most miserable sinner. Say unto my soul, I am thy salvation, Who hast said, I would not the death of a sinner, but rather that he should be converted and live. Convert me, O LORD! and be not Thou angry with me, I beseech Thee, Most Gracious FATHER; for Thy Mercy I supplicate, and intreat Thee, that Thou wouldest bring me to a good end, to true penitence, to a pure confession, and worthy amends for all my sins. Amen.

In the presence of Thy Most Holy BODY and BLOOD, O LORD JESUS CHRIST, I commend unto Thee myself, though most miserable, yet Thy servant, that by the virtue of Thy Holy Cross, and by the mystery of Thy Holy Incarnation, Nativity, Baptism, Fasting, Passion, Death, Resur-

rection, Ascension, and by the coming of the HOLY GHOST the Comforter, and by Thy Name Ineffable, Thou Who art GOD Almighty, Alpha and Omega, the beginning and the End, Emmanuel, GOD with us, the Way, the Truth, and the Life, our Salvation, Victory, and Resurrection, and especially by the invocation of this life-giving Sacrifice of Thy BODY and BLOOD, which I invoke for my help, entangled though I be in many sins, yet created by Thee, and redeemed by Thy most Precious Blood, and believing and trusting in Thee, the only living and true GOD, Thou wouldest guard and defend me from all evils at all times, and deliver me from injury and snares, captivity and bonds, the tongues and weapons and arrows of all my enemies, visible and invisible; also that Thou wouldest vouchsafe to deliver me from all wicked works, from grief, shame, disease, confusion, slander, and from all offences and dangers, from all falling, ruin, hurt, detriment, and hindrances of soul and of body, and from sudden and unforeseen and eternal death; and wouldest deign mercifully to drive all these evils far away from me, by the Holy Mystery of Thy Passion and of our Redemption, to which I do trustfully commit myself for my salvation, hoping that through it I may be saved. Therefore, most merciful GOD, Who wouldest not the death of a sinner, but

that he should be converted and live, Who hearest all that cry unto Thee and trust in Thee, hearken to me also a sinner; and all those whom Thou hast redeemed with Thy Precious Blood recall unto Thyself, and enlighten with the gift of Thy grace; and according to the multitude of Thy mercy have pity upon me according to Thy good will, and as Thou knowest, bestow on me true health both of body and soul. Sinner though I be, yet I have not denied Thee: hearken unto my prayer, O kind JESU, and send me Thy grace to accompany and preserve me from all evils, and bring me to eternal life, Who with the FATHER and the HOLY GHOST, livest and reignest GOD, world without end. Amen.

vi. Spiritual Communion.

Though we may not receive the LORD Sacramentally more than once a day, yet we may all receive Him Spiritually every hour, and every moment, unless through negligence, or some other fault of ours, He be withdrawn from us.

And this Spiritual Communion will sometimes be more fruitful, and dearer to GOD, than many Sacramental Communions, which may fail to be so through the faults of the recipients.

As often then as thou shalt dispose thyself

and prepare for such Communion, thou wilt find the SON of GOD ready, with His Own Hands, to give Himself to thee for thy spiritual Food.

As a preparation, turn to Him with thy whole mind; and after a brief review of thy short-comings, mourn with Him over thine offences, and in all humility and faith beseech Him, that He would deign to come into thy poor soul with new grace, to heal it, and strengthen it against the enemy.

Or when about to do violence to thyself, or to mortify any one of thine appetites, or to do some act of virtue, do all with a view to make ready thy heart for the LORD, Who continually asks it of thee; and then turning to Him, invite Him earnestly to come with His grace to heal thee, and deliver thee from thine enemies, that He Alone may possess thy heart.

Or else, calling to mind thy last Sacramental Communion, say with a kindled heart, 'When, O my LORD, shall I receive Thee again? When? O when?'

But if thou wouldest prepare thyself, and communicate Spiritually in a more fitting way, on the evening before direct all mortifications, acts of virtue, and every other good work, to this end: to receive thy LORD Spiritually.

And early in the morning, strive to kindle

in thy heart a great desire to receive Him in order to please Him, by considering how great is the good and happiness of that soul, which worthily receives the most Holy Sacrament of the Altar; for in It lost virtues are regained, the soul returns to her first beauty, and the fruits and merits of the Passion of the SON of GOD are communicated to her. Consider also how pleasing it is to GOD, that we receive this Sacrament, and have these blessings.

When this desire is kindled within thee, turn to Him and say, 'Since, LORD, I am not allowed to receive Thee Sacramentally this day, vouchsafe, O Power and Goodness Uncreate, to forgive me all my faults, and to heal me that I may worthily receive Thee Spiritually now, every hour, and every day; and grant me new grace and strength against all my enemies, and especially against that one upon whom, for love of Thee, I am now making war.'

In union, Dearest LORD, with the Faithful at every Altar of Thy Church where Thy most Blessed BODY and BLOOD are being offered to the FATHER, I desire to offer Thee praise and thanksgiving, presenting to Thee my soul and body with the earnest desire to be always united to Thee. Come Spiritually to me, unable now to receive Thee Sacramentally, and having entered into me, abide with me, O JESUS. Possess

taste, in touch, in thinking, speaking, doing, and in all the modes in which I, a frail man and a sinner, am capable of sinning, of mine own fault, of mine own fault, of my very great fault: wherefore I beseech Thy clemency, Who camest down from Heaven for my salvation, Who didst raise up David from his fall into sin; spare me, O LORD, spare me, O CHRIST, Who sparedst Peter though he denied Thee. Thou art my Creator and my Helper, my Framer and my Redeemer, my Governor and my Father, O my LORD! my GOD and my King! Thou art my Hope, my Confidence, my Guide, mine Aid, my Consolation and my Strength, my Defence and my Deliverance, my Life, my Salvation, my Resurrection; Thou art my Support and my Refuge, my Light and my Desire, my Help and my Patron. I intreat and beseech Thee help me and defend me, strengthen me and console me, confirm me and gladden me, enlighten me and visit me. Raise me up who am dead, for I am Thy fashioning and work; despise me not, O LORD! I am Thy servant and slave, unworthy and a sinner though I be. But whatever I may be, whether good or evil, yet I am ever Thine. To whom then shall I flee unless I go to Thee? If Thou castest me out, who will receive me? If Thou dost despise me, who will regard me? Acknowledge me so unworthy, who fly for

refuge unto Thee, vile and unclean though I be, for Thou canst cleanse me. If blind, Thou canst enlighten me; if sick, Thou canst heal me; if dead and buried, Thou canst again quicken me; for Thy mercy is greater than my iniquity, Thy pity is greater than my impiety. Thou canst forgive more than I can commit, and spare more than I, a sinner, can sin. Regard not therefore, O LORD, nor be intent upon the multitude of my iniquities, but according to the multitude of Thy compassions have mercy upon me, and be favourable to me, a most miserable sinner. Say unto my soul, I am thy salvation, Who hast said, I would not the death of a sinner, but rather that he should be converted and live. Convert me, O LORD! and be not Thou angry with me, I beseech Thee, Most Gracious FATHER; for Thy Mercy I supplicate, and intreat Thee, that Thou wouldest bring me to a good end, to true penitence, to a pure confession, and worthy amends for all my sins. Amen.

In the presence of Thy Most Holy BODY and BLOOD, O LORD JESUS CHRIST, I commend unto Thee myself, though most miserable, yet Thy servant, that by the virtue of Thy Holy Cross, and by the mystery of Thy Holy Incarnation, Nativity, Baptism, Fasting, Passion, Death, Resur-

iv. The Blessing
is to be received by the people as coming from GOD.

Immediately after say Psalm ciii. and

LORD, now lettest Thou Thy servant depart in peace.

THANKSGIVINGS IN CHURCH OR AT HOME.

Say the Te Deum. And then

LORD, have mercy.
CHRIST, have mercy.
LORD, have mercy.

Our FATHER.

O GOD, who to the three children didst assuage the flames of fire, mercifully grant that the flames of sin may not kindle upon us, Thy servants. Amen.

O most sweet LORD JESU, transfix the affections of my inmost soul with that most joyous and most healthful wound of Thy Love, with true, serene, most holy, apostolic charity; that my soul may ever languish and melt with entire love and longing for Thee. Let it desire Thee, and faint for Thy courts; long to be dissolved and be with Thee. Grant that my soul may hunger after Thee, the Bread of Angels, the Refreshment of holy souls, Who hast all sweetness and savour, and every pleasurable delight. Thee, Whom the Angels desire to look into, may my heart ever hunger after and feed upon, and may the appetite of my soul be filled with the sweetness of Thy savour. May it ever

thirst for Thee, the Fountain of Life, the Fountain of Wisdom and Knowledge, the Fountain of Eternal Light, the Torrent of Pleasure, the Richness of the House of GOD. Let it ever compass Thee, seek Thee, find Thee, stretch towards Thee, arrive at Thee, meditate upon Thee, speak of Thee, and do all things to the praise and glory of Thy Holy Name, with humility and discretion, with love and delight, with readiness and affection, with perseverance to the end; and be Thou ever my Hope, my whole Confidence, my Riches, my Delight, my Pleasure, my Joy, my Rest and Tranquillity, my Peace, my sweet Savour, my Food, my Refreshment, my Refuge, my Help, my Wisdom, my Portion, my Possession, my Treasure, in Whom my mind and my heart may ever remain fixed and firm, and rooted immoveably. Amen.

Or,

I yield Thee thanks and praise, O LORD my GOD, for creating me after Thine own Image and Likeness; for redeeming me with Thy precious BLOOD; for admitting me into the number of Thy children by adoption through the washing of Holy Baptism; and for feeding me with the Sacrament of thy BODY and BLOOD. Also I give Thee praise and thanks, for that Thou of Thine infinite goodness hast patiently

waited for my amendment, even from the time of mine ignorant childhood, unto this hour, notwithstanding that I ran carelessly into many sins.

I glorify Thee, and praise Thee, for Thy often delivering me from a number of troubles, distresses, calamities, and miseries: and for saving me hitherto from the punishments both of body and soul, which I have often deserved. I praise Thee and glorify Thee, for Thy merciful giving me health of body, quietness of times, help to serve Thee, with many other benefits. My LORD GOD, I beseech Thee, of Thine unspeakable goodness, to make perfect the benefits and good gifts which Thou hast begun in me: and whatsoever misliketh Thee in me, put it away; and deliver me from all the troubles that are yet to come, and from all the faults which beset me so easily. Dispose and order Thou all my thoughts, words, and deeds, according to Thy Will. Keep me at all times, and in all places wheresoever I go, whether it be in prosperity or in adversity; and in the end bring me to the desired joy of beholding Thee. Amen.

Or,

Most merciful FATHER, grant me to covet with an ardent mind those things which may please Thee, to search them wisely, to know them truly, and to fulfil them perfectly.

Order my condition to the praise and glory of Thy Name, so that I may do that which Thou requirest of me; give me grace that I may know Thy Will, and have will and power to do it, and may obtain those things which be most convenient for my soul. Gracious LORD, make my way sure and straight to Thee, so that I fall not between prosperity and adversity; but that in prosperous things I may give Thee thanks, and in adversity be patient, so that I be not lifted up with the one, nor oppressed with the other: and that I may rejoice in nothing but that which moveth me to Thee, nor be sorry for anything but for those things which draw me from Thee; desiring to please nobody, nor fearing to displease any, besides Thee. Most loving FATHER, let all worldly things be vile unto me for Thee; and be Thou my most special Comfort above all. Let me not be merry with the joy that is without Thee; and let me desire nothing besides Thee. Let all labour delight me which is for Thee; and let all rest weary me which is not in Thee. Make me to lift up my heart oftentimes to Thee; and when I fall, make me to think on Thee, and be sorry with a steadfast purpose of amendment. Loving LORD, make me humble without feigning; merry without lightness; sad without mistrust; sober without dullness; true without doubleness; fearing Thee, without

desperation; trusting in Thee, without presumption; telling my neighbours their faults meekly, without dissimulation; teaching them by words and examples, without any mockings; obedient, without arguing; patient, without grudging; and pure, without corruption. Give me also, I beseech Thee, a waking spirit, that no curious thought withdraw me from Thee. Let it be so strong, that no filthy affection draw me backward; so stable, that no tribulation overcome me. Grant me wisdom, to know Thee; diligence, to seek Thee; a godly conversation, to please Thee; and hope, finally to embrace Thee. Grant me to cling to the Cross by penitence, to use Thy blessings on my way by grace, and at last in my heavenly home to enter into Thy joys in glory. And this I pray, for the precious sake of our Saviour JESUS CHRIST, Who with Thee and the HOLY GHOST liveth and reigneth, ever ONE GOD, world without end. Amen.

SUGGESTIONS

FOR A DEVOUT AND ORDERLY RECEPTION OF THE HOLY COMMUNION.

1. If thou hast never communicated before, 'signify thy name to the Curate,' that he may advise thee as to thy fitness and frequency of Communion. 1 *Cor.* iv. 1, 2.

2. Rise early. *Psalm* lvii. 8.

3. If possible, communicate fasting. *Psalm* xxiii.

4. For the carrying out of these two suggestions, an early Celebration is the most convenient. *S. John*, xx. 1.

5. Be in Church before the Service commences, and occupy all waiting-time in devotion. 1 *Thess.* v. 17.

6. After the Consecration *never sit*, (unless thou art infirm,) but kneel or at least stand, as being in the most special Presence vouchsafed on earth of the King of Heaven. As a holy Bishop of our Church has said, 'Let both body and heart kneel, not to the Holy Elements, but to thy MAKER.' *Psalm* xcv. 6.

7. As thou goest and returnest from the Altar, see no man, think of no man, but in the spirit behold thy LORD, Present with thee in His Church. *S. John*, xx. 29.

8. The following ejaculations are suggested for the time of Reception:— (*Psalm* xvii. 5.)

On rising—

'The Master is come, and calleth for thee.'

On going up—

'I will go unto the Altar of GOD.'

As thou kneelest down—

'Behold the servant of the LORD; be it unto me according to Thy Word.'

As the Priest comes towards thee with the Bread of Life—

'LORD, I am not worthy that Thou shouldest come under my roof.'

Between the Reception of the Sacrament of the BODY of CHRIST, and of HIS BLOOD, say,

O Eternal FATHER, I receive this Holy Communion of Thy dear SON'S BODY and BLOOD, humbly beseeching Thee because of It, in It, and with It, to grant me .... [*Here name any particular request.*]

As he comes towards thee with the Cup—

'I will receive the Cup of Salvation.'

Immediately after receiving in each kind—

'Abide with me.'

9. During the Act of Reception it seems reverent (1 *Cor.* xiv. 40.)

i. to take up no book;

ii. to wear no gloves;

iii. to receive the Sacrament of the BODY of CHRIST into the right hand, laid open and flat upon the left, at the words, 'The BODY of our LORD,' &c. As S. Cyril directs, 'Make thy left hand as if a throne for thy right, which is on the eve of receiving the King.'

iv. 'to say softly "Amen,"' (as S. Cyril also directs,) after the words, 'Preserve thy body and soul unto everlasting Life.'

v. to receive the Cup firmly with both hands at the words, 'The BLOOD of our LORD,' &c.

vi. to rise as soon as the person next after thee has received the Cup; and to return quietly to thy place.

10. Exercise the highest consideration in thought and in manner towards thy brethren in CHRIST who communicate with thee; whatever be their station in life, or their religious habits or opinions. 1 *Cor.* x. 17.

11. Remain kneeling in prayer, until the Priest has consumed the Consecrated Elements, and all the Clergy have left the Altar. *S. Luke*, i. 21.

12. It is unseemly to hasten out of Church directly after the conclusion of the Service, as the time immediately succeeding

Communion is especially blessed for private Devotion. *S. John*, vi. 12.

13. On rising from thy knees for the last time, look reverently towards the Altar, and say, 'Thanks be unto GOD for His unspeakable gift.' *Heb.* xiii. 10.

14. On going out from the Church, make the following resolution: 'I will go forth in the strength of the LORD GOD.' *Eph.* vi. 10.

APPENDIX.

1. Passages for meditation :—
   S. John, vi. (especially verses 27, 32–35, 48–51, 53–58.) 1 Cor. x. 16, 17. Rev. xxii. 1, 2. Exodus, xii. 21–24; xvi. 15; xvii. 6.

2. Psalms :—
   Before the Service—xliii.; cxvi.
   Before communicating—lxxxiv.; cxxii.; cxxx.
   After communicating — xxiii.; xxvii.; xxxiv.; cxiii.; cxviii.; cxxxiv.; cl.

3. Hymns :—
   See Hymns Ancient and Modern, 203–207; and Appendix, 345–350.

4. Litanies :—
   These may be used in three ways.
   1. Rapidly in ejaculatory prayer.
   2. Deliberately for meditation, and therefore not necessarily all at one time.
   3. Congregationally, with or without music.

LITANY OF THE HOLY COMMUNION.

LORD, have mercy upon us.
CHRIST, have mercy upon us.
LORD, have mercy upon us.

O GOD the FATHER, Creator of the world,
Have mercy upon us, and fit us, unworthy sinners, to receive Thee.

O GOD the SON, Redeemer of mankind,
O GOD the HOLY GHOST, Sanctifier of the Church,
O HOLY TRINITY, one GOD,
JESUS, GOD and Man, in two natures, One Divine Person,
JESUS, our LORD and our GOD, Who vouchsafest to be present in the Holy Communion,
JESUS, our Heavenly Physician, Who givest Thyself to us to heal and comfort us,
JESUS, our gracious GOD, Who givest Thyself to us in the Holy Communion under the Elements of Bread and Wine,
JESUS, the Bread of Life, Which whosoever eateth shall live for ever,
JESUS, the Good Shepherd, Who didst lay down Thy Life for Thy sheep, and feedest them with Thine own Body and Blood,

Have mercy upon us, and fit us, unworthy sinners, to receive Thee.

JESUS, Who in this wonderful Sacrament art Thyself both Sacrifice and Priest,
JESUS, our adorable High Priest, Who ever livest to make intercession for us,

Have mercy upon us, and fit us, &c.

Have mercy, O LORD, and pardon our sins.
Have mercy, O LORD, and hear our prayers.

From unbelief in this Holy Sacrament,
From all irreverence during this awful Service,
From neglecting to come, and from coming negligently,
From an unworthy and fruitless receiving of this Holy Sacrament,
From hardness of heart, and ingratitude for so unspeakable a blessing,
By Thine Almighty Power, which orders all things as Thou pleasest,
By Thine Infinite goodness in giving Thyself to us in this wonderful Mystery,
By Thy Blessed Body, broken for us on the Cross, and really given to us in the Holy Communion,
By Thy Precious Blood, shed for us on the Cross, and really given to us in the Cup of Blessing,

Good LORD, deliver us.

We sinners beseech Thee to hear us.

That we may ever believe all Thy words teach us,
That before we approach this Holy Sacrament, we may sincerely endeavour to be reconciled to Thee, and be in perfect charity with all men,
That returning from this Holy Sacrament, we may praise and bless Thee, and strive diligently to amend our lives,
That by this heavenly medicine we may be healed and strengthened against future falls,
That we may always, through Thy grace, so believe and understand, so speak and think, and firmly hold this exceeding Mystery, as shall please Thee and be good for our souls,
That by this Holy Communion our hearts may be kindled to love Thee ever more and more,
That we may love Thee in this Holy Sacrament with our whole heart, and never be separated from Thee,
That as we see Thee now by faith under these visible Elements, so we may hereafter see Thee face to Face, and eternally enjoy Thy Presence,

We beseech Thee to hear us, Good LORD.

SON of GOD, we beseech Thee to hear us.

O Lamb of GOD, that takest away the sins of the world:
Grant us Thy peace.
O Lamb of GOD, that takest away the sins of the world:
Have mercy upon us.

O CHRIST, hear us.
LORD, have mercy upon us.
CHRIST, have mercy upon us.
LORD, have mercy upon us.

Let us pray.

O GOD, who in this wonderful Sacrament hast left unto us a Memorial of Thy Passion; grant to us, we beseech Thee, so to venerate the sacred Mysteries of Thy Body and Blood, that we may always perceive in ourselves the fruit of Thy Redemption: Who livest and reignest with the FATHER and the HOLY GHOST, one GOD, world without end. Amen.

May the souls of the Faithful Departed, through the mercy of GOD, rest in peace. Amen.

LITANY OF THE HOLY GHOST.

LORD, have mercy.
CHRIST, have mercy.
LORD, have mercy.

O GOD the FATHER, of Heaven,
O GOD the SON, Redeemer of the world,
O GOD the HOLY GHOST,
HOLY TRINITY, one GOD,
HOLY SPIRIT, Author of all good,
HOLY SPIRIT, Who didst overshadow the Blessed Virgin Mary,
Spirit of Wisdom and understanding,
Spirit of Counsel and Might,
Spirit of Knowledge and Piety,
Spirit of the Fear of the LORD,
Spirit of holy repentance,
Spirit of Grace and Prayer,
Spirit of Love, Peace, and Joy,
Spirit of Gentleness, Goodness, and Faith,
Spirit of Manifold Grace,
Spirit, who didst descend upon CHRIST in the form of a dove,
Spirit of Truth, who guidest us into all truth,
Spirit who helpest our infirmities,
Spirit who sheddest the Love of GOD in our hearts,
Spirit, the Discerner of the thoughts of the heart,

} Have mercy upon us.

HOLY SPIRIT, by Whom we also are born again,
HOLY SPIRIT, Who dwellest in us,
HOLY SPIRIT, Who abidest with us for ever,
HOLY GHOST, the Comforter,
HOLY GHOST, the Sanctifier,
HOLY GHOST, Who on the Day of Pentecost didst appear in fiery tongues upon the disciples,
} Have mercy upon us.

From all evil,
From the snares of the devil,
From presumption and despair,
From doubting and unbelief,
From envy and unkindness,
From obstinacy and impenitence,
From anger and strife,
From all unholiness and impurity,
From dullness and sloth,
From every evil spirit,
In the day of Judgement,
} Deliver us, O HOLY SPIRIT.

HOLY GHOST, we beseech Thee, hear us.

That Thou wouldest renew the face of the earth, and enkindle the fire of Thy love in our hearts,
That Thou wouldest help us to love one another,
That Thou wouldest teach us to pray, and Thyself pray within us,
That Thou wouldest inspire us with holy and pious thoughts,
} HOLY GHOST, we beseech Thee, hear us.

That Thou wouldest inspire us with a hatred of sin,
That Thou wouldest help us to remember that our body is Thy Temple,
That Thou wouldest keep us for Thyself,
That we quench Thee not, neither grieve Thee,
That Thou wouldest endue us with the grace of final perseverance,
That we may sow in the Spirit, and of the Spirit reap life everlasting,
} HOLY GHOST, we beseech Thee, hear us.

Lamb of GOD, that takest away the sins of the world:

Grant us Thy HOLY SPIRIT.

Lamb of GOD, that takest away the sins of the world:

Pour down upon us Thy HOLY SPIRIT.

Lamb of GOD, that takest away the sins of the world:

Give unto us the Spirit of Peace.

HOLY GHOST, hear us.
HOLY GHOST, graciously hear us.

V. Create in me a clean heart, O GOD.
R. And renew a right spirit within me.

Our FATHER, Which art in heaven, Hallowed be Thy Name. Thy kingdom come. Thy will be done in earth, As it is in heaven. Give us this day our daily

bread. And forgive us our trespasses, As we forgive them that trespass against us. And lead us not into temptation; But deliver us from evil. Amen.

O God, forasmuch as without Thee we are not able to please Thee; Mercifully grant, that Thy Holy Spirit may in all things direct and rule our hearts; through Jesus Christ our Lord. Amen.

Almighty and everlasting God, by Whose Spirit the whole body of the Church is governed and sanctified; Receive our supplications and prayers, which we offer before Thee for all estates of men in Thy holy Church, that every member of the same, in his vocation and ministry, may truly and godly serve Thee; through our Lord and Saviour Jesus Christ. Amen.

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Ghost, be with us all evermore.

LITANY OF THE HOLY CHILDHOOD.

GOD the FATHER, GOD the WORD,
GOD the HOLY GHOST adored,
Blessed TRINITY, One LORD;
Spare us, HOLY TRINITY.

JESU, David's Root and Stem,
JESU, Bright and glorious Gem,
JESU, Babe of Bethlehem;

JESU, SAVIOUR ever mild,
Born for us a little Child
Of the Virgin undefiled;

JESU, by the Mother-Maid
In Thy swaddling clothes arrayed,
And within a manger laid;

JESU, at Whose infant Feet
Shepherds, coming Thee to greet,
Knelt to pay their worship meet;

JESU, to Thy Temple brought,
Whom, as them the SPIRIT taught,
Simeon and Anna sought;

JESU, unto Whom of yore
Wise men, hasting to adore,
Gold and myrrh and incense bore;

Hear us, Holy JESU.

JESU, forced away to flee,
By King Herod's cruelty,
From the roof that sheltered Thee;

JESU, Whom Thy Mother found
Sitting in the Temple's bound,
With the doctors placed around;

JESU, LORD of life and death,
Who to her that gave Thee breath
Subject wast in Nazareth;

Hear us, Holy JESU.

From all pride and vain conceit,
From all spite and angry heat,
From all lying and deceit;

From all sloth and idleness,
From rejoicing at distress,
From jealousy and greediness;

From disobedience, murmuring,
Thoughts in prayer-time wandering,
From each evil word and thing;

Deliver us, Lord JESU.

By Thy coming from the skies
Here to dwell in mortal wise,
To enlighten darkened eyes;

By Thy Birth and childish years,
By Thy sorrows and Thy tears,
By Thine infant wants and fears;

Save us, Holy JESU.

By those sad rebuking Eyes
Moving Peter's tears and sighs
When he had denied Thee thrice,

By Thy being bound in thrall,
When they led Thee, one and all,
Unto Pilate's judgement-hall,

By the scourging Thou hast borne,
By the purple Robe of scorn,
By the Reed, and Crown of thorn,

By the folly of the Jews
When Barabbas they would choose,
And would CHRIST their King refuse,

By Thy going forth to die
When they raised their wicked cry,
'Crucify Him, Crucify!'

By the Cross which Thou didst bear,
By the Cup they bade Thee share,
Mingled gall and vinegar,

By Thy nailing to the Tree,
By the title over Thee,
On the hill of Calvary,

By the parting of Thy clothes,
By the mocking of Thy foes
As they watched Thy dying woes,

Hear us, Holy JESU.

By Thy Seven Words then said,
By the bowing of Thy Head,
By Thy numbering with the dead,

By the piercing of Thy Side,
By the stream of double tide,
Blood and water thence supplied,

Hear us, Holy JESU.

Cleansing us from outward sin,
And from evil thoughts within,
That we may true pureness win,

When temptation sore is rife,
When we faint amidst the strife,
Thou, Whose death hath been our life,

While on stormy seas we toss,
Let us count all things as loss
But Thee only on Thy Cross,

So, with hope in Thee made fast,
When death's bitterness is past,
We may see Thy Face at last,

Save us, Holy JESU.

LORD, have mercy.
CHRIST, have mercy.
LORD, have mercy.

Our FATHER.

Let us pray.

O LORD JESU CHRIST, SON of the living GOD, the only Hope and Refuge of sinners,

I beseech Thee, set Thy Holy Cross and Passion between Thy Judgement and my soul, now, and in the hour of death. I beseech Thee also for all my friends and benefactors, and for all for whom I desire or am bound to pray, and for all poor sinners. O let not Thy Precious Blood be shed for us in vain, but grant us, by Thy grace, that cleansed from all our sins, after our death, we may joyfully enter Paradise, to love and adore Thee eternally; where with the FATHER, and the HOLY GHOST, Thou livest and reignest One GOD, world without end. Amen.

RULES FOR A GUILD.

THE GUILD OF_____.

OBJECT.

To unite in a bond of Christian Fellowship, for mutual aid and encouragement, persons of both sexes, who, worshipping in the Church of
wish to lead a holy life.

Membership.

1. The Members of the Guild will be Communicants of the Church of

2. The Probationers of the Guild will be those who being above twelve years of age, are not confirmed, but desire to receive Confirmation.

3. The
will be Honorary Members of the Guild.

4. The Guild will be governed by a President, (who shall be the Priest for the time being in charge of the District, or Parish,) two Wardens (the Warden of the Female Division to be called the Lady Warden) and Sub-wardens; and if necessary, other officers.

5. No one will be eligible for admission to the Guild unless recommended by two Members, and approved by the President.

6. Probationers becoming Communicants will be admitted Members without election.

7. All questions as to rule or discipline that may arise shall be settled solely and finally by the President.

8. Any Member or Probationer violating the rules, or living a life inconsistent with his or her Christian profession, will be liable to expulsion.

9. Each Member and Probationer will sign his or her name in the Book of the Guild, and be admitted by a special service. [See page 101.]

10. All Members and Probationers are bound to be watchful, not only as to their own lives and characters, but also as to those of their fellow Members and Probationers. (S. Matt. xviii. 15–20.)

RULES OF LIFE.

1. To say private Prayers regularly. [See page 1.]

2. To say daily the Prayer of the Guild. [See page 102.]

3. Members to receive the Holy Communion regularly, making diligent preparation for It, and special thanksgiving after It.

4. Members to communicate with special Prayer for the Guild on 's Day, or to send the reason of their absence to the President.

5. Members and Probationers to read over the Rules of the Guild on the Eve of 's Day; and to examine themselves as to their observance of them during the past year.

6. To attend, if possible, Morning and Evening Service on all Sundays, and chief Holy-days, and to keep these Days holy.

7. To observe the Fast Days of the Church.

8. To be very reverent always in or near the Church, and to persuade others to be so too; and in particular

(1) To say a Prayer privately before and after Service.

(2) To kneel throughout the Prayers.

(3) To join heartily in the Responses.

9. Never to attend any Place of Worship in England which does not belong to the Church of England.

10. To say Grace (at least privately) before and after every meal.

11. To avoid, as far as possible, all reading and pictures of an irreligious or immoral tendency, all unbecoming conversation, and bad companions; and when obliged to have to do with such, to pray earnestly for others and for self.

12. To undertake, with the sanction of the President, some definite and practical good work for the Church of CHRIST in the District (or Parish) of
by personal labour or almsgiving.*

13. To avoid extravagance in dress and manner.

14. To attend, if possible, the Meetings and Classes, which will be held regularly.

* *e. g.*—Promoting Holy Baptism and Confirmation, especially by acting as Sponsors—teaching in Sunday, day, or evening schools—visiting parents of their school-children, as well as the poor and the sick—helping to bury the dead—circulating the Holy Scriptures, Prayer Books, Hymn-Books, Tracts, &c.—guiding others in the observance of the Fasts and Festivals of the Church—singing in the choir or among the congregation—acting as officers of the Church in maintaining order, promoting reverent conduct in Church, and in all becoming ways furthering the due celebration of Divine Service—helping by giving or collectiug money to build or ornament their Church—promoting Home and Foreign Missions.

All who join this Guild should bear in mind, that by so doing they profess to be in earnest about religion, and they must therefore not be ashamed of their profession, but strive, by GOD'S help, to keep free from all sin themselves, and to encourage by example and precept their fellows, and all with whom they live.

They are all affectionately entreated in any troubles or difficulties to confide in and seek help and direction from the President and Wardens.

OFFICE OF ADMISSION TO THE GUILD.

The Candidate shall be presented to the President by a Warden, who shall say,

Reverend Father, I present unto you N. M. to be admitted as a Member (or Probationer) of the Guild of

Then the President shall say to the Candidate,

Do you wish to enter this Society?

The Candidate shall say,

I do.

President. Have you considered the Rules?

Candidate. I have.

President. Will you obey them to the utmost of your power?

Candidate. I will.

President. N. M., I admit thee to be a Member (or Probationer) of the Guild of , in the Name of the FATHER, and of the SON, and of the HOLY GHOST.

GOD the FATHER, GOD the SON, GOD the HOLY GHOST, bless you and keep you.

DAILY PRAYER FOR THE GUILD.

O LORD, we beseech Thee to strengthen and confirm all Thy faithful, (especially the Members and Probationers and Associates of the Guild of
and all others for whom our prayers are desired,) and lift them up more and more continually to heavenly desires, through JESUS CHRIST our LORD. Amen.

THE GUILD OFFICE.

In the Name of the FATHER, and of the SON, and of the HOLY GHOST. Amen.

Our FATHER, &c.

O GOD, make speed to save us.
O LORD, make haste to help us.

Glory be to the FATHER, &c.
As it was in the beginning, &c.
Alleluia.

PSALM CXXXIII.

Behold, how good and joyful a thing it is: brethren, to dwell together in unity.

It is like the precious ointment upon the head, that ran down unto the beard: even unto Aaron's beard, and went down to the skirts of his clothing.

Like as the dew of Hermon: which fell upon the hill of Sion.

For there the Lord promised His blessing: and life for evermore.

Glory be to the FATHER, &c.

THE CHAPTER. 1 S. John, i.

That Which was from the beginning, Which we have heard, Which we have seen with our eyes, Which we have looked upon, and our hands have handled, of the Word of Life; (for the Life was manifested, and we have seen It, and bear witness, and shew unto you That Eternal Life, Which was with the FATHER, and was manifested unto us;) That Which we have seen and heard declare we unto you, that ye also may have Fellowship with us; and truly our Fellowship is with the FATHER, and with His SON JESUS CHRIST. And these things write we unto you, that your joy may be full. This then

is the message which we have heard of Him, and declare unto you, That GOD is Light, and in Him is no darkness at all. If we say that we have Fellowship with Him, and walk in darkness, we lie, and do not the truth; but if we walk in the light, as He is in the light, we have Fellowship one with another, and the Blood of JESUS CHRIST His SON cleanseth us from all sin. If we say that we have no sin, we deceive ourselves, and the truth is not in us. If we confess our sins, He is faithful and just to forgive us our sins, and to cleanse us from all unrighteousness. If we say that we have not sinned, we make Him a liar, and His Word is not in us.

V. But Thou, O LORD, have mercy upon us.

R. Thanks be to GOD.

V. All the paths of the LORD are mercy and truth:

R. Unto such as keep His Covenant and His Testimonies.

V. Glory be, &c.

R. As it was, &c.

V. Them that are meek shall He guide in judgement:

R. And such as are gentle, them shall He learn His way.

V. The LORD be with you.

R And with thy spirit.

Let us pray.

Merciful LORD, we beseech Thee to cast Thy bright beams of light upon Thy Church, that it being enlightened by the doctrine of Thy blessed Apostle and Evangelist Saint John, may so walk in the light of Thy Truth, that it may at length attain to the light of everlasting life; through JESUS CHRIST our LORD. Amen.

O GOD the FATHER of our LORD JESUS CHRIST, our only SAVIOUR, the Prince of Peace; Give us grace seriously to lay to heart the great dangers we are in by our unhappy divisions. Take away all hatred and prejudice, and whatsoever else may hinder us from godly Union and Concord: that, as there is but one Body, and one Spirit, and one Hope of our Calling, one LORD, one Faith, one Baptism, one GOD and Father of us all, so we may henceforth be all of one heart, and of one soul, united in one holy bond of Truth and Peace, of Faith and Charity, and may with one mind and one mouth glorify Thee; through JESUS CHRIST our LORD. Amen.

LORD, we beseech Thee, grant Thy people grace to withstand the temptations of the world, the flesh, and the devil, and with pure hearts and minds to follow Thee the only GOD; through JESUS CHRIST our LORD. Amen.

O LORD, we beseech Thee to strengthen and confirm all Thy faithful, (especially the Members of the Guild of
and all others for whom our prayers are desired,) and lift them up more and more continually to heavenly desires; through JESUS CHRIST our LORD. Amen.

DEO GRATIAS.

John and Charles Mozley, Printers, Derby.